

Welcome to the
Heart Disease and Stroke Prevention Program
Materials Ordering Form

To order **FREE** materials, complete steps one and two below and follow the directions to place an order that are listed on the last page.

Step 1: Please enter the quantity wanted for each item listed below.

Maximum quantity available for most items is 50; however, if you need a larger quantity, please call 1.800.280.5512 (North Dakota only) and press 4 for assistance.

NOTE: All orders dependent on current supply inventory.

Quantity	Resource	To View	Description
Heart Attack			
—	Are You at Risk of a Heart Attack? (Education Sheet)	Preview	This education sheet provides a quick, convenient way to assess one's risk of heart attack and determine where to focus efforts to reduce risk. (1 page, 8.5 x 11)
—	Common Warning Signs of Heart Attack (Poster)	Preview	This poster provides a quick, convenient way to post the common warning signs of heart attack. It also includes the Change of Survival model – call 9-1-1; CPR; early use of an AED; and rapid delivery of the right care. (1 page, 8.5 x 11 cardstock)
Sodium			
—	Be Salt Smart for a Healthy Heart! (Palm Card)	Preview	This palm card reminds people why too much salt is harmful and also lists tips for lowering sodium for shopping, cooking and eating out. (3.5 x 8.5)
—	Be Salt Smart for a Healthy Heart! (Poster)	Preview	This poster provides a quick reminder that too much salt can lead to heart attack and stroke and reminds us to compare food labels and choose less sodium. (1 page, 8.5 x 11 cardstock)
—	Recommended Sodium Levels (Magnet)	Preview	This magnet provides a quick way to check to see if the amount of sodium per serving falls within a healthy range. It also states the suggested national guidelines for daily sodium intake. (3.75 x 4.5)
—	Recommended Sodium Levels (Wallet Card)	Preview	This two-sided wallet card provides a quick and convenient way to check to see if the amount of sodium per serving falls within a healthy range. It also states the suggested national guidelines for daily sodium intake.
—	Salt and Sodium (Education Sheet)	Preview	This education sheet includes 10 tips to help you cut back on sodium (salt) in your diet. (single-sided, 8.5 x 11)
Stroke			
—	Act FAST and Save a Life! (Magnet)	Preview	This magnet reminds people that stroke is a medical emergency. It also lists the importance of calling 9-1-1 right away if you think someone is having a stroke. (3.75 x 4.5)
—	Act FAST and Save a Life! (Poster)	Preview	This poster provides a quick, convenient message that reminds people that stroke is a medical emergency and the importance of calling 9-1-1 right away. (1 page, 8.5 x 11 cardstock)

—	F-A-S-T test (Poster)	Preview	This poster provides a quick, convenient way to learn the F-A-S-T test to see if someone is experiencing stroke symptoms. (1 page, 8.5 x 11 cardstock)
—	Think F-A-S-T (Magnet)	Preview	This magnet provides a quick, convenient way to learn the F-A-S-T test to see if someone is experiencing stroke systems. (3.75 x 4.5)
—	Think F-A-S-T (Wallet Card)	Preview	This two-sided wallet card provides a quick and Convenient way to recall what to do in the event of a stroke. It also recalls the Think F-A-S-T message that outlines the most common stroke symptoms and need to call 9-1-1 quickly.
—	Stroke Risk Scorecard (Education Sheet)	Preview	This education sheet provides a quick, convenient way to assess one's risk for stroke and determine where to focus efforts to reduce risk. (1 page, 8.5 x 11)
—	Strive. Survive. Thrive. (Education Sheet)	Preview	This education sheet provides helpful information to prevent and survive a stroke and thrive after a stroke or prevent a recurrent stroke. (4 pages, 8.5 x 11)
Healthy Living			
—	Blood Pressure Tracker (Booklet)	Preview	This wallet-sized booklet is an easy-to-use tool to record and track blood pressure levels. It also suggests tips to lower blood pressure, reduce risks for heart disease and lower sodium (salt) intake. (16 pages, 2.75 x 3.75)
—	3 Simple Steps to Eating More Fruits and Vegetables (Education Sheet)	Preview	The amount of fruits and vegetables you need depends on your age, gender and level of physical activity. This education sheet provides charts listing the amounts you need and easy tips for including fruits and vegetables in your day. (two-sided, 8.5 x 11)
—	Choose My Plate (Education Sheet)	Preview	This education sheet includes 10 tips to a great plate. Use the ideas to balance your calories and identify foods to eat <i>more often</i> and foods to eat <i>less often</i> . (single-sided, 8.5 x 11)
—	Healthy Lifestyle Habits and Goals (Education Sheet)	Preview	This education sheet includes actions you can take now to live longer, improve your health and reduce your risk of chronic diseases such as heart disease, stroke or cancer. It also provides the latest guidelines for cholesterol, blood pressure, body mass index, waist circumference and exercise for adults. (two-sided, 8.5 x 11)
—	Making Healthy Food and Lifestyle Choices (Pamphlet)	Preview	This leaflet gives a great overview of how you can make simple changes in your life and diet to improve your health. A healthy diet and lifestyle are the best weapons you have to fight cardiovascular disease. It's not as hard as you may think! Remember, it is the overall pattern of the choices you make that counts. (24 pages, 4 x 8.5)
—	Nutritious Nibbles (Pamphlet)	Preview	A snacker's best friend! This leaflet gives recipes for a variety of healthy between-meal energizers that appeal to people of all ages and provides a list of ready-to-eat snacks that are high in nutrients but low in fat, sodium and cholesterol. It also suggests ways to "take a break" that don't involve snacking at all. (16 pages, 4 x 8.5)
—	Take Steps to Be More Active (Education Sheet)	Preview	This education sheet includes information on the benefits of regular physical activity. (1 page, 8.5 x 11)

—	Tips for Eating Out (Pamphlet)	Preview	This leaflet is an excellent tool for heart-healthy dining! It provides ordering ideas for a variety of food categories such as Chinese, Family Style, Fast Food, Italian, Mexican, Steakhouse, Vegetarian and many more. (24 pages, 4 x 8.5)
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Step 2: Please complete the following contact and event information. Items with an asterisk (*) are required.

First Name*	
Last Name*	
Organization Name	
Street Address*	
City*	
State*	
Zip Code*	
E-mail*	
Daytime Phone*	
Date Materials Needed*	

Purpose*

- ☐ Community Event
☐ Health Fair
☐ Other (Please specify):

- ☐ Education
☐ Training

Setting*

- ☐ Community
☐ Worksite
☐ Other (Please specify):

- ☐ Health Care
☐ Schools

Intended Audience*

- ☐ General Public
☐ Parents
☐ Staff
☐ Other (Please specify):

- ☐ Older Adults
☐ Providers
☐ Students

To place an order:

Print Form and Fax to:

701.328.2036

Attention: Heart Disease & Stroke Prevention Program

OR

Print Form and Mail to:

Heart Disease & Stroke Prevention Program
Division of Chronic Disease
North Dakota Department of Health
600 E. Boulevard Ave., Dept. 301
Bismarck, ND 58505-0200

You can also call your order in to the North Dakota Heart Disease and Stroke Prevention Program at 1.800.280.5512 (North Dakota only), press 4 for assistance.



*Heart Disease & Stroke
Prevention Program*